Evening World Daily Magazine

How to Become A Red Cross Nurse

By Sophie Irene Loeb



raining of volunteer nurses' aids, That a plan for the training of

volunteer nurses alds has already been worked out by the Red Cross Nursing Service, and that a course of instruction for that purpose has or some months been given in base

"After carefully studying this plan "After carefully studying this plan in general arrangement and in detail, the committee finds that it provides a short, simple and well thought out course of instruction in theory and in practical work which, intelligently given, should enable those who have had it to give a good deal of useful service in hospital wards.

"With certain silght changes in the theory and a moderate increase in cluding prominent dectars have or continued."

service in hospital wards.

"With certain slight changes in the theory and a moderate increase in the amount of time devoted to certain practical procedures, the course appears to be a suitable one for the purpose for which it is intended.

"The plan of training for volunteer nurses' aids is now to be given in the Municipal Building.

in the amusement parks. I hope that

finement. You can have just as good

a time without being either boister-

ous or mushy in public places. Loud talking and laughing, childish remping, "epooning" on street cars or excursion boats, are forms of vulgarity which should be avoided by all self-respecting young persons.

"D. M." writes: "Is it proper for

a young man to apologize to a young lady for writing her a letter when he has not been introduced? He has

I expected to marry some day. A

nation of any sort.

How to Sharpen Scissors

On a Grinding Wheel

Betty Vincent's Advice to Lovers

all of you will spend as much of this a man whom you have met only once, about summer manners. There acquaintance, in a natural and friendshould be no letting down of your ly way, and see if your feeling perstandards of personal dignity and re-

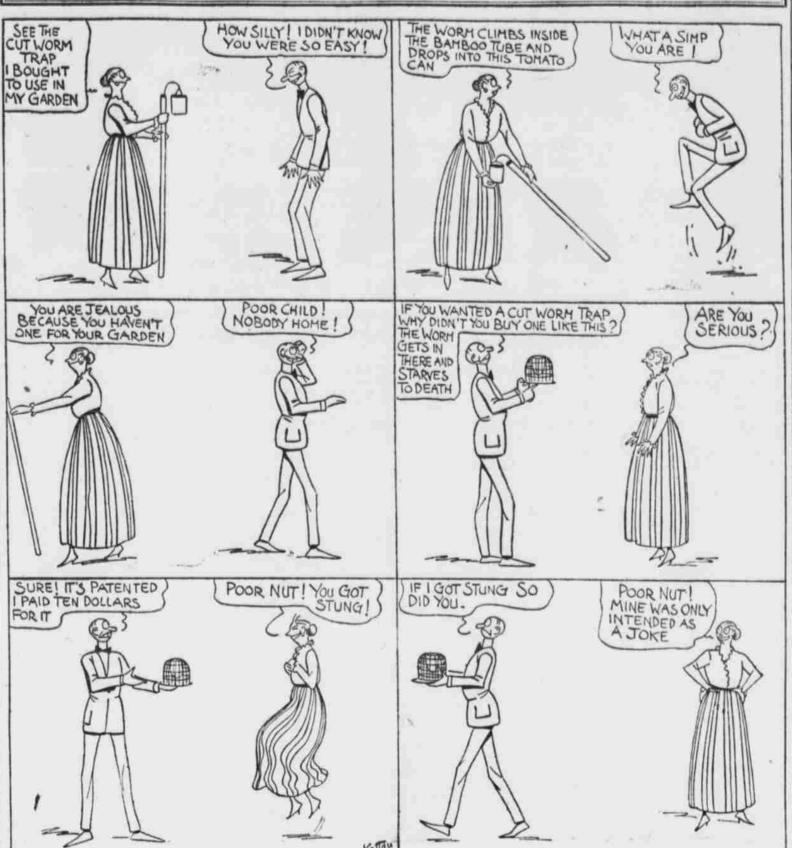
and young men may make hollday together at the beaches and
the amusement parks. I hope that

The happy time is here when girls
am quite young and I believe I love
him. Do you think I am seriously in
love, and what shall I do?"
You cannot be really in love with

Such Is Life!

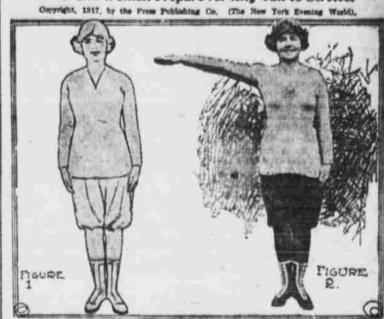
Oppyright, 1917, by The Frees Publishing Co. (The New York Brening World.)

By Maurice Ketten



For Physical Preparedness U. S. Army Exercises Posed by Pauline Furlong

The Evening World Publishes These Exercises to Help All Men and Women Prepare for Any Call to Service.



THIRD SET-Free Hand Exercise No. 11.

ANY readers are writing me that they experience a feeling of stiffness, soreness and fatigue after practicing any series of exercises for five minutes or more each day. This fatigue and soreness very rapidly disappears if the exercises are performed regularly, because when the muscles have become accustomed to the extra exertion placed upon them they will gradually regain the elasticity of youth and respond readily to persistent practice of any exercises.

Remember, however, that the longer and more strenuous the exercises, the longer must be the period of rest allowed for the muscles to recuperate, because over-doing the exercises strains them and may do much more harm to the system than good.

To-day's exercise in the arm series is practiced as follows: Assume the "at command" position as shown in figure one, and on command "raise," raise the right arm until on a level with the shoulder, as shown in figure two, and hold this until the command "down," Do this with each arm about ten times. When these are practiced in drill the instructor must first call "arm sideward" and then proceed with first the right and then alternate with the left arm on the commands "raise"-"down."

Good Uses for Left-Over Meat

into the kitchen should be are chopped and mixed with just used. All the bones and gristle ed quickly and seasoned with butter, there are many ways of converting the left-over portions into appetizing meals. Even the tough parts of cold roast beef and steak can be made meals. Even the tooks parts of most palatable by boiling in water until tender before using it in any of the cold meat recipes. When only a small portion of meat is left it can be used in combination with toast bread or nashed potatoes

BEEFSTEAK.

VERY particle of meat brought | usually tough, but if the best portion

ADVENTURE

BEST NOVELS PUBLISHED ON THIS PAGE COMPLETE EVERY TWO WEEKS.

The plan is well under way. There are four certificates to be signed for the Washington authorities by nurses

who wish to join the actual Red Cross service, First, the application for enroll-ment, which includes all the ques-tions concerning the physical condi-tion and former work of the appli-

been attracted by her looks and man-ners and desires very much to make her acquaintance. What ought he SYNOPSIS OF PRECEDING CHAPTERS. do, and that is to find a mutua acquaintance who will introduce him After he has been presented formally he should indeed applogize for trying to meet the girl in any other way. "B. G." writes: "For the mat three years I have been accepting attentions from a young man whom

tions entirely. I received no reply to a request that he return my ple-ture. What do you advise me to wire. What do you advise me to do?

Forget the young man as speedily as possible. He has no right to break off a close friendship without

"R X." writes: "I was introduced to a young man a few days ago and rumble of chain through hawse pipe. Sour "In the first place we can't spare and from the voranda saw a big them," Sheldon answered. "We are black-painted schooner, swinging to short of them on the plantation as her just-caught anchor.

> I thought so"— as the Stars and alone, that you had lost your partner,"
> Strings futtered to the marthest Sheldon inclined his head toward Stripes fluttered to the masthead.

SCISSORS may be sharpened quickly and effectively on a grinding wheel, and this method is especially useful where several pairs are to be put into shape. Hold the scissors on the wheel, as shown in Fig. 1, the direction of the wheel being as indicated in Fig. 2, says Popular Mechanics A feather edge, or ex slow, will be produced, as suggested in Fig. 3. The other man, in nondetion of the edge to make certain that a slight feather edge is ground throughout the existing edges of hoth blades. This may be done by passing the finger nail along the catter. As second to spread the finger nail along the catter, as find the scissor, will be produced, as suggested in Fig. 4. Then remove the feather edge, as in Pig. 4. Then remove the feather may be sharpened defined may be sharpened down the beach, ranging about with the world to-day."

The boat's crew scattered up and down the beach, ranging about with the world to-day."

The boat's crew scattered up and down the beach, ranging about with the world to-day."

The boat's crew scattered up and down the beach, ranging about with the world to-day."

But gold—have you heard of gold?"

The bushmen are as wild men as are to be found anywhere in the world to-day."

Do you can go two miles up the Balesuna and wash colors from the Balesuna and was

The be-whiskered individual, who her anchor and got under way, diplooked like a Scotohman, had the ping her flag and saluting with a removed smoothly, leaving a sharp The be-whiskered individual, who her

Teutonic name of Von Blix, and spoke with a strong American accent. The said down the staff and Sheldon resigne—twenty-five horse—power," tall man in the well-fitting ducks, who gave the English such as any cultured American would talk.

"How do you know?" Sheldon and claded English such as any cultured American would talk.
"How were on a gold-hunting expedition. Von Blix was the leaders and Tudor was high such everywhere and seen exceptions and Pudor was high such everywhere and seen exceptions and the color was high such everywhere and seen exceptions and the course of the portions. Several well were shareholders, in varying proportions. Several were sailors, that he was hard been watching and of sold, and they came to the Solomons to get it. Part of them, under the leadership of Tudor, were believed the shareholders and the leadership of Tudor, were leaded to the was hard believed the shareholders and the leadership of Tudor, were believed the shareholders and the leadership of Tudor, were leadership of Tudor, were the Bolesum, and penetrate the shareholders and the leadership of Tudor, were the Bolesum, and penetrate the shareholders and the leadership of Tudor, were to go up the Bolesum, and penetrate the shareholders.

The Upon salled and respective whether where where well the sall was the leadership of the plantation. "Oh, no, she hasn't, that all." "It will differ the plantation." "It will make the p ment image in the image in the street in the

blades. This may be done by passing all directions with a dense, bushy the crew put knocked dawn boats tethe finger nail along the edge, as in the first the feather mass of red whiskers, while his eyes gether on the beach. There were five of these craft—lean and sarrow with edges by using the selssors to cutting paper; apply oil to the edges before closing them or using them in this manner. The feather edges will be

"It's a Yankee," Joan cried. "See you are a firm or a partnership? I dislike Shelden had taken to him. that bow! Look at that stern! Ah, understood at Guyutu that you were He felt himself handicapped in the

Non Nonh, at Sheldon's direction, he had become a trile stiff.

Sheldon inclined his head toward

Joan, and as he sporte she felt that of making a show of all his qualities.

Sheldon knew himself for a brave real the Union Jack up the flagstaff.

"Miss Lackland has become inman, wherefore he made no adver-

That I've got to go to Guvutu first."

Joan looked at the men with a whimseled expression. "I've some shopting to do. I must buy cloth at flavatu and make myself a dress curing the voyage down. I'll start immediately—in an hour. Lalaperu, his second whiskey securely in the principle of the control of the

was setting to Sydney to buy and the leadership of Tudor, were to go on the leadership of the

Fill a cup with bread crumbs and pour over this sufficient milk to fill cup. Chop steak fine and sauson with pour over this sufficient milk to fill cup. Chop steak fine and season with sait and pepper. When bread crumbs are soft mix with one tablespoonful of butter, or substitute, sait and pepper and the beaten yolks of eggs. When thoroughly mixed add the beaten whites. Pour mixture into a greased pan and sprinkle the chopped steak over one-half and fold over. Ity same as an omelet. Fry same as an omeles.

Noa Noah, at Sheldon's direction, ran the Union Jack up the flagstaff.

"Mast Lackland has become in the state of the new rifes adrift on Yas.

"And, looking through the telescope. The third become a livile still.

"Mast Lackland has become in the state of the new rifes adrift on Yas.

"And, by the flagstaff, of the new rifes adrift on Yas.

"And the state of the new rifes adrift on Yas.

"And the state of the new rifes adrift on Yas.

"And the state of the new rifes adrift on Yas.

"And the state of the new rifes adrift on Yas.

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"And the state of the new rifes adrift on Yas.

"And the state of the new rifes adrift on Yas.

"And the state of the new rifes adrift on Yas.

"Yas are so stupid the last few worth into the boys. We can't the state of the new rifes adrift on Yas.

"Yas are so stupid the last few worth and the state of the state of the new rifes adrift. On Aure the Upolo's departure, the head of the new rifes adrift. On Mainter of the state of the state of the state of the new rifes adrift. On Mainter of the state of the new rifes adrift. On Mainter of the state of the new rifes adrift. On Mainter of the state of the new rifes adrift. On Mainter of the new rifes adrift. On Mainter of the state of the new rifes adrift. On Mainter of the state of the new rifes adrift. On Mainter of the new rifes ad

prise! Well, she hasn't convinced to her feet, looking to sheldon. "And you please, have he how carry down the whale-boat by boat, you know. Fil be off in an out." Both Sheldon and Tudor looked at there, but hat have his laugh out and to mep his bail head with a trade handkerchief. The an all-night row." Sheldon and Tyou might wait till more watches. "There is nothing bresuler about it is an outlingsy business transaction." "There is nothing bresuler about it is an outlingsy business transaction." There is nothing business transaction." Beligion and the coal sheds? The sheldon and Tudor looked at "the partnership yarn of hers." She's curtainty a hustler, that little girl of yours."

Wall, she's a good one, that's all this girl's a wonder, a marvel, that little girl's a wonder, a marvel, the list goose fat, they buy dressed. By using the delivered if they buy and your limits girly such that big ship's anchor and the coal sheds? She was just buying that when I left. She's curtainty a hustler, that little girl of yours."

She's an all-night row." Sheldon and Tudor looked at "he and the add with a trade handkerchief. "Wall, she's a good one, that's all. "Wall, she's a good one that's all. "Wall, she's a wonder, a marvel, that little girl's a wonder, a marvel, the butter and used in a very the purpose. To prepare it, try it out in the waster until the fat just melts away from the lissues and can be saved to she they buy dressed. By using the coal sheds? She was just buying that when I left. She's curtainty a hustler, that little girl of yours."

Wall, she's a good one, that's all. "Wall, she's a wonder, a marvel, that little girl's a wonder, a marvel, the little girl's a wonder, a that little girl's a wonder, a marvel, is an ordinary business transaction." Sheldon strong to act as an a catastrophe.

"But there's the breeze, and I'm such transactions were quite to commonplace thing on plantations the Selemons. "She traveled something like fifteen bundred rounds in the place of the Jessie."

"But there's the breeze, and I'm such as spite cake, where the seating like fifteen bundred rounds in the place of the Jessie."

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"But there's the breeze, and I'm such as spite cake, where the seating like fifteen bundred rounds in the place of the Jessie." (To Be Continued Monday,) ctables, &c.

Will Begin on This Page June 18

KING OF THE KHYBER RIFLES A Story of India, the Mysterious, and a Plot That Failed